



Former hooper dies of cancer / page 4

## SALISBURY'S LACKING FOOD OPTIONS

EDITORIAL page 5

## SALISBURY'S GOT TALENT COMPETITION

GULL LIFE page 9

## MEN'S, WOMEN'S INDOOR TRACK WIN TITLES

SPORTS page 16

# New College of Health offers more programs, expanded studies

SAMANTHA STELTZER / Staff writer



Dr. Karen Olmstead was appointed Salisbury University provost at the end of 2018 following her period as interim provost. / Salisbury University image

NEW COLLEGE – The range of degrees offered by Salisbury University continues to expand.

Offered from the College of Health and Human Services, students can earn a bachelor's degree in community health from SU at the University System of Maryland at Hagerstown in Washington County or a master's degree in applied health physiology from SU through the Universities at Shady Grove in Montgomery County.

SU's community health programs prepare students to be health educators as they promote wellness for individuals and communities. The programs align with the National Commission for Health Education credentialing and train students to become certified health education specialists.

Having her title change from "program director," a position she has held since 2011, to "program chair" after restructuring of the CHHS, Dr. Brandye Nobiling is the leader of the community health program.

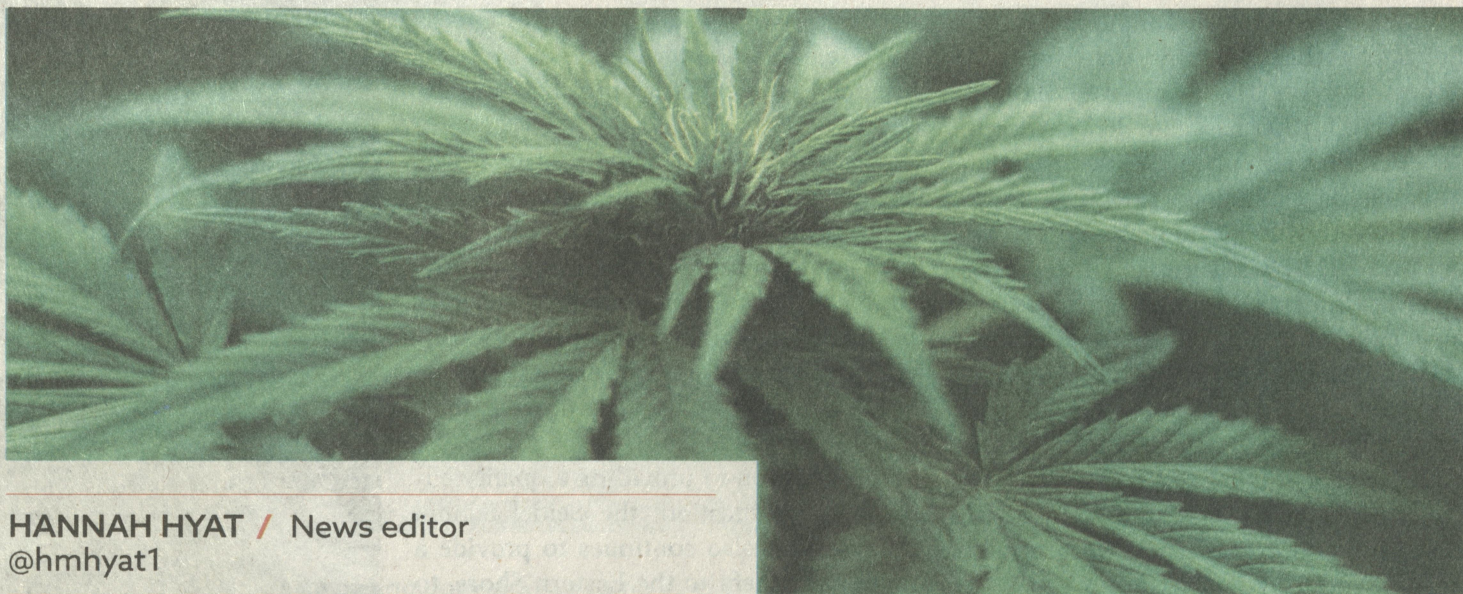
"[CHHS] has been one of the most rewarding jobs of my career in higher education. I get to work with my faculty to ensure our students get the best education possible," Nobiling said.

Nobiling's position works majorly with SU's campus at Hagerstown, which focuses on community health.

"SU students studying community health at USMH will receive the same opportunities as students on main campus. All students complete a series of core coursework aligned with the foundational competencies of the Council on Education for Public Health, and are prepared to sit for

New program / page 3

# Salisbury University hemp program is introduced



HANNAH HYAT / News editor  
@hmhyat1

PROGRAM UPDATE – People don't often associate hemp and higher education. But at Salisbury University, a budding new pilot program aims to do just that.

A probiotic developed at SU to increase the yields of peanuts, corn and other crops will soon be used by local farmers on industrial hemp.

This new development comes after the Maryland General Assembly passed HB 698, allowing for the Maryland Department of Agriculture to launch the Maryland Industrial Hemp Research Pilot Program.

SU would be the first institution in Maryland to partake in the program.

"These aren't drug plants," said Dr. Mark Holland, a professor of biological sciences here at SU.

He noted that while they are the same species as psychoactive cannabis, or marijuana, these plants aren't being cultivated with getting high in mind.

Industrial hemp, unlike psychoactive cannabis, contains almost no tetrahydrocannabinol, or THC — the active chemical in marijuana that alters one's mental state.

Unfettered production of hemp is illegal according to federal law, but the Agricultural Act of 2014 contained provisions which legally allowed for the production of hemp in co-ordination with a college or university as part of a research project.

According to the Congressional Research Service, roughly \$700 million in hemp products are sold in the

United States. But due to federal restrictions, almost all of it is imports.

"What kind of an economic impact does that have?" said Holland.

Holland believes a loosening of regulation could provide an economic boon to Maryland.

"You know, it could be pretty substantial, you would think. Especially since right now, we don't do any of it."

Hemp is one of the oldest domesticated plants known to man, and has a variety of purposes. Hemp can be used to make lotions and oils, cloth and most notably cannabidiol oil, or CBD oil. CBD oil is an extract known for having pain- and anxiety-relieving qualities.

The program aims to explore different methods of growing hemp here on the Eastern Shore. In addition to benefiting the local economy and farming efforts, the program will also give students hands-on experience researching and working in agriculture.

If the program is successful, it could open up a path for a loosening of hemp legislation in Maryland. Holland believes it is only a matter of time.

"I don't think it's going to be too long before legislation progresses and we see some loosening up of some of the regulations. For one thing, state after state after state is legalizing at least medical marijuana and industrial hemp,

Hemp / page 2

## ABOUT

The Flyer is Salisbury University's student newspaper — composed by students for students. The organization was established in 1973 to keep the SU community informed and entertained.

Issues are published monthly throughout the regular school year and are printed by Delaware Printing Company of Dover, Del. A total of 1,500 copies are distributed on campus per circulation.

The Flyer strives for accuracy and corrects its errors immediately. If you believe a factual error has been printed, feel free to contact staff. Thank you.



@suflyer for the latest



## Nabb Center, new exhibit on Eastern Shore past

SAMANTHA STELTZER  
/ Staff writer

**NABB CENTER** – What would happen if objects could talk? What would they say about their history?

This was a question Salisbury University student Jaclyn Laman used to create her exhibit “If Objects Could Talk: The History Behind Eastern Shore Artifacts.”

Held in the Nabb Center, objects that connect to the Delmarva area, especially Salisbury, are featured in glass cases or sit close enough to touch.

Over 15 pieces on display include a baby carriage from the early 1920s, a coffee table built from parts of a pier and skipjack, an umbrella stand made in 1919 at a woodshop class at Snow Hill High School and a lamp purchased in 1906 that became the first electric lamp bought and used in Salisbury.

“I work in the Nabb Center. For a year and a half I’ve been the curatorial assistant ... I help Janie Kreines [the Nabb Center artifacts and exhibits curator] research exhibits, process artifacts and donations and keep and update records,” Laman said.

“[Kreines] came to me at the beginning of the school year in September 2018 and said, ‘I have an idea for an exhibit. I want you to curate it.’ She already had the idea for the objects, taking different ones from our collection from the Eastern Shore and putting them all together. Once we had a set list, I did all the research.”

The junior was interested by “all the stories behind the objects” because while the stand-alone exhibit not only brings out fascinating objects for public view, the ar-



tifacts are also important to Salisbury itself.

“A lot of the artifacts are from Salisbury. We were in touch with some of the people who donated objects and family members who were connected to the objects,” Laman said.

Laman highlighted a peanut roaster from 1920 that stood outside Cinno’s Con-

fectionery from 1910-1949.

“Not quite as many residents today would remember it, but their grandparents and parents of their grandparents probably remember the roaster, so it’s nice to have it out where people can see it.”

She feels that the exhibit lets “people see the objects, realize their history and connect them to their own personal histo-

ry such as recognizing a name. We are taking things that don’t go together and showcasing them ... and other, broader topics.”

The exhibit is on display at the Thompson Gallery in the Nabb Center until July 26. The Nabb Center is open from 10 a.m. to 4:30 p.m. Monday through Friday. ■

/ Samantha Seltzer image

## Seidel faculty win big for Salisbury University

LAURA AMRHEIN  
/ Staff writer

**CAMPUS** – Faculty members of the Seidel School of Education continue to find ways to impact the community and make a name for Salisbury University.

Dr. Thea Williamson and her colleague Kira Leekeenan were one of three winners of the English Language Teacher Educators (ELATE) Research Initiative Grants this year. The award of \$2,500, will be used to further facilitate their research.

The research project, titled “Understanding Youth Literacy Identity,” works directly with students and attempts to figure out exactly what impacts the self-esteem of students in English classes and how educators can create environments for all students to thrive in.

The program started two years ago, when Williamson was a graduate student at the University of Texas at Austin. Over the summer of 2017, she worked as a supervisor for student teachers working with middle school students.

Primarily working with middle school students in the Austin, Texas area who would be the first members of their families to attend college, Williamson’s project provided enrichment opportunities for young people, as well as social and academic support.

Williamson had her teachers ask the students what they believed they were good at in regards to reading and writing at the beginning and end of the school year. Her goal was to see an improvement

in self-opinion from students.

Like many experiments, the first attempt yielded one of the ways that did not work.

“There were a lot of kids who didn’t think they read any better, or that they wrote any better at the end of the semester. So we were kind of puzzled by that,” said Williamson.

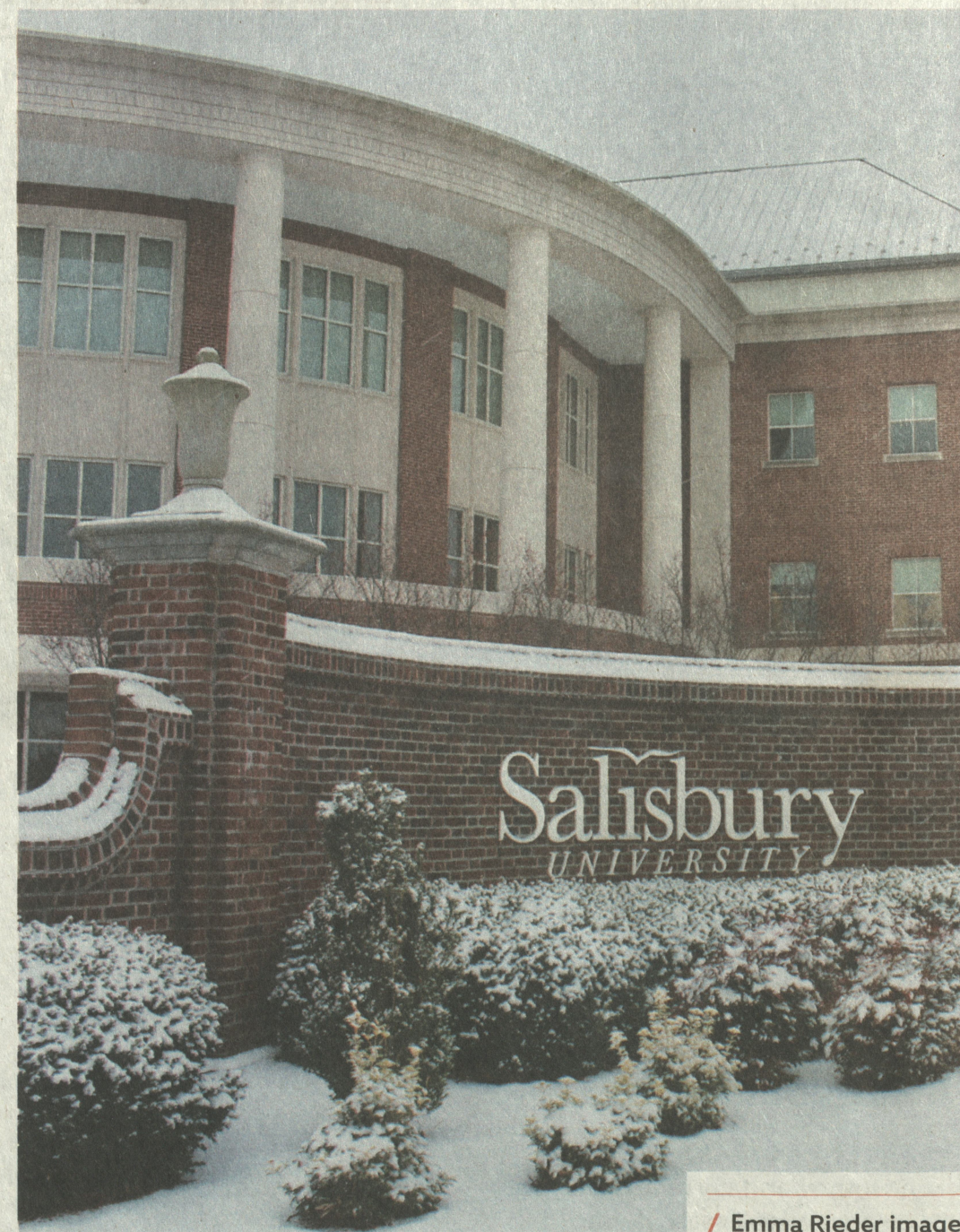
Williamson is eager to continue her work in helping students embrace education as a personal endeavor. The key to her research lies in creating a positive self-image.

“We redesigned some of the teaching activities that they did, and we did it again in the summer of 2018 ... and then we’re going to do it one more time in the summer of 2019, this upcoming summer in Austin,” she said. “What we’re doing differently this year is we’re also asking the teachers what they thought of what their students said.”

In addition to providing a quality education in education, the Seidel School of Education also continues to provide a hands-on benefit to the Eastern Shore, to both student teachers and professors.

“We’re really thinking about ways to be involved in education on the Eastern Shore, supporting in-service teachers and educational professionals,” said Williamson.

“In addition to the work that goes on in the classroom, a lot of our students are doing their own research projects, really making a change in educational settings across the Shore.” ■



/ Emma Rieder image

## Hemp

/ from page 1

and more all the time,” said Holland.

SU was first approached by hemp growers last November wishing to be among the first to partake in the state’s pilot program.

To do so, their growing must be accompanied by research conducted at a higher institution.

The department is especially curious to see if the probiotic has any effect on CBD production in hemp.

The probiotic, developed at SU over the course of 25 years, will provide an interesting berth of study, as hemp is rela-

tively unstudied.

“We are committed to providing excellent opportunities for undergraduate research, so to be able to participate in a program that is at the forefront of a burgeoning industry for our state is a win-win for both farmers and our student researchers,” said Dr. Jessica Clark, also of the biological sciences department, who

co-directs SU’s Office of Undergraduate Research and Creative Activity.

So far, six growers have signed up to work with SU in growing hemp. SU hopes to partner with roughly a dozen operations.

The growers will be allowed to sell their yields once the program is over. ■

## Salisbury University announces plans for largest housing facility in campus history

HANNAH HYAT  
/ News editor

**GROWTH** – Salisbury University is adding more jobs, housing and amenities to its campus.

SU’s office of public relations announced that the university will break ground on the largest facility in campus history in the upcoming 2019 fall semester.

SU’s press release stated that the former Court Plaza Shopping Center and Temple Hill Motel would be converted into a 750-bed student housing complex. The complex will be comprised of three separate buildings and connected by a central courtyard.

Last fall, the Salisbury University Foundation Inc. purchased the Temple Hill-Court Plaza property development for \$6 million with the goal of expanding the campus.

“Since the SU Foundation, Inc., purchased these properties in 2018, we have been excited about their potential,” said Jason Curtin, SU vice president of advancement and external affairs and SU Foundation executive director. “One of our goals is to develop a signature facility to mark the arrival into the City of Salisbury and the University from the south. With that objective in mind, we are very happy with the renderings seen so far.”

The press release added, “The complex is set to replace the student residential space that will be lost with the University’s pending closure of Chesapeake and St. Martins halls, and eventually Dogwood Village.”

The first construction in the 323,371-square-foot complex is expected to open in August 2021, with the remaining two buildings set to open in 2022.

The cost of the new complex is estimated to be between \$70 and \$80 million.

SU will be collaborating with Greystar Worldwide, LLC, a national leader in rental housing and manager of the SU-affiliated University Park student apartment complex, and Gillis Gilkerson of Salisbury to develop the complex.

“We are excited to continue our 18-year partnership with SU and the SU Foundation to create a transformational campus gateway that will elevate the University’s profile and enhance the student experience,” Greystar Executive Vice President for University Partnerships Julie Skolnicki said.

The partnership has been working to create an urban-like feel at Salisbury University and believes this new complex will be a step in the right direction.

“They’ve helped develop similar concepts at both Towson and College Park, so they understand the student urban feel,” Curtin said. “Even though Salisbury is not like that, with we’d like to have a place where students can easily get to, not have to drive, but also blend the being able to access it by foot and also by car.” ■



Architectural rendering of SU’s new housing complex set to open in 2022. / Salisbury University graphic

## New program

/ from page 1

the Certified Health Education Specialist (CHES) exam at the end of their coursework,” she said. “Expanding this program to Hagerstown will provide prospective students living around that campus the same opportunity to major in such a fast-growing, lucrative discipline.”

SU’s AHPH program at USG also makes advances toward community health.

Its program focuses on the areas of cardiovascular and pulmonary rehabilitation, fitness and wellness and strength and conditioning, preparing students for a wide range of professional careers, from clinical physiology to community and

corporate wellness to university-based athletics. SU’s AHPH program is the only master’s degree program of its kind in Maryland accredited by the Commission on Accreditation for the Exercise Sciences. The program has also been recognized as a National Strength and Conditioning Association distinguished program.

Dr. Thomas Pellingier, another program chair, said, “Students gain at least 500 hours of practical internship experience. Our curriculum offers individualized experiences responsive to students’ varied interests and changing demands of the field.”

Pellingier continued, “Graduates are prepared for multiple credentialing examinations ... and have exceptional job placements.”

The future of the CHHS is as bright as

the expansion of programs at SU.

Nobiling stated, “Community health would like to be involved in multi-disciplinary curricula with other programs in the college. One goal of the program, years down the road, is to create a Master’s of Public Health (MPH) program at SU. There are no MPH programs on the Eastern Shore, so this would fill a need for public health graduate education in this area.”

For information about the community health program, contact Nobiling at 410-677-0062 or bdnobiling@salisbury.edu, or visit the program website at www.salisbury.edu/communityhealth. For more information about AHPH, contact Pellingier at 410-677-0144 or tkpellingier@salisbury.edu, or visit the program website at www.salisbury.edu/ahph. ■

Write for  
News

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# Former Salisbury University basketball player Jack Ferguson dies of cancer

HOLLY FERRIS  
/ Sports editor

CAMPUS COMMUNITY – Salisbury University students are mourning following the death of senior Jack Ferguson, 21.

Ferguson died March 11 from a rare form of cancer called Histiocytic Sarcoma.

He was diagnosed last summer and was undergoing treatment back in his hometown of Nepean, Ontario.

Ferguson couldn't make it back to Salisbury to play guard for his senior year, so his teammates honored him in different ways.

Before the season started the basketball team put together a fundraiser in October called "Fight for Ferguson" with the proceeds going toward Ferguson's medical expenses.

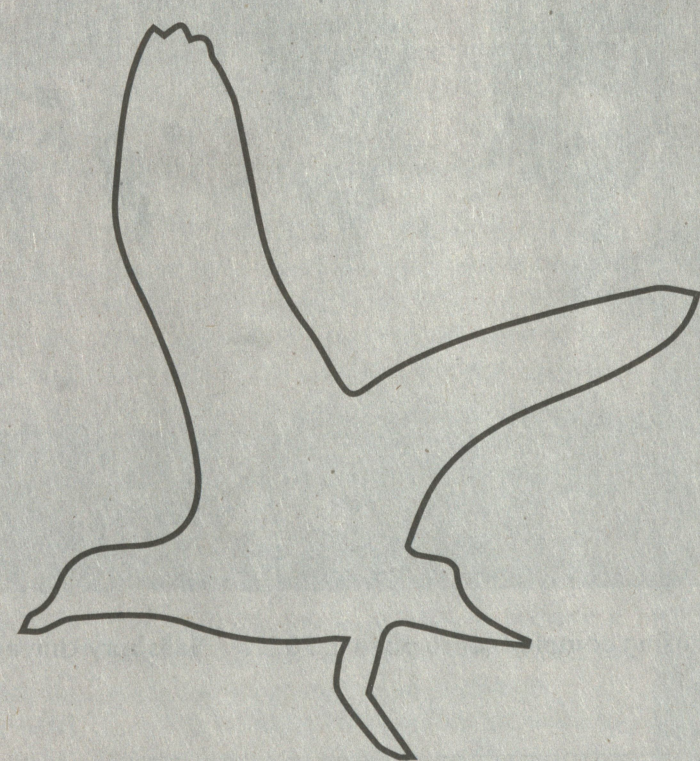
At the season opener the team honored Ferguson by playing "O Canada" along with "The Star-Spangled Banner."

Ferguson's teammates were always thinking about him when they were out on the court playing.

Senior captain Chase Kumor was especially close with Ferguson.

"Jack was more than my best friend, he was like a brother to me. He was someone who was always there for others, and always had your back," Kumor said. "He got put in a terrible situation with his diagnoses, but he was a fighter and was doing everything he could to battle the disease. I'm so proud of him and I know he'll be watching over us." ■

Ferguson poses for his 2018 season basketball headshot. / Tim Brennen, Salisbury Sports Information image



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## SU needs new food options



Salisbury University's campus current lacks diverse food options. / Emma Reider image

LAURA AMRHEIN / Staff writer

CAMPUS – While academic programs, dorms and buildings are all important aspects of a college campus, the food that is available to students is one of the biggest concerns for Salisbury University students.

Good meals are essential in college, as they provide energy for students to study and excel, and they play a large role in social interactions between students, as it may be the only time students see their friends.

Though it is obvious that students are going to feel a difference between home-cooked meals and dining hall food, a variety of food can improve the

college food experience and make students feel more welcomed and comfortable.

Unfortunately, SU is very limited when it comes to options of food available on campus. Many students, like SU freshman Paige Lilley, feel there are not enough different food places around campus, and the food places that are here are very similar, and the food is repetitive and boring.

"What we do have gets old so quickly. I feel like we just don't have a lot of options," Lilley said.

Having options can be particularly challenging for students who do not have access to transportation to go to off-campus restaurants, like SU freshman

Food options / page 6

## How "RuPaul's Drag Race" has influenced pop culture

MELANIE RAIBLE / Staff writer



/ RuPaul's Drag Race Wiki image

POP CULTURE – The finale of "RuPaul's Drag Race All Stars 4" on Feb. 15 left fans shocked because for the first time ever in "RuPaul's Drag Race" history, two winners were crowned instead of one. Both Monét X Change and Trinity Tuck took home the title of All Star and will join the other queens in the hall of fame.

Over the course of nine years and more than 100 drag queens later, the show has become one of the most successful reality TV shows on air today. But it wasn't always rainbows and glitter.

When "RuPaul's Drag Race" first aired back in 2009, people were instantly turned off because of how it threatened society's norms. In an interview with "Nightline," RuPaul Charles said that he didn't think his work would ever be truly mainstream. This was at a time when "RuPaul's Drag Race" was airing on the LGBTQ-focused cable network Logo.

"I haven't been accepted in mainstream media outlets," Charles said. "Because the only ways they can actually have a conversation with me is to make fun of me, or [to] somehow make a joke about what I'm doing."

Less than a year later, the competitive reality show made a leap to the network VH1, doubling its viewership and gaining a huge audience, many of whom are outside the LGBTQ community. This transition into mainstream media has helped introduce drag into pop culture and is also providing an educational opportunity for mainstream society to learn more about queer culture.

If you're watching "RuPaul's Drag Race" for the first time, it may feel like you're stepping into unknown linguistic territory. The queens on the show speak "fluent drag," and for someone who is unfamiliar with drag culture, it may come across as if they're speaking another language.

Slang like "Yaaaaaas, queen" and "Spill the tea, sis!" are just a few examples of the terms that have been derived from drag culture and have entered mainstream pop culture.

RuPaul's / page 6

### Write to the Editor

Letters to the editor are welcomed and encouraged. Students, please include your name and class. Faculty members, please include your department. Letters should be no longer than 400 words. The Flyer reserves the right to refrain from publishing any text. Please email your letter as an attachment to Editor-in-Chief Chase Gorski, or in person at Office 125-M in GSU's Student Activities Center (CSIL). Deadline for submission is Friday at 5 p.m. Please email letters subjected "Letter to the Editor."

Chase Gorski  
cgorski1@gulls.salisbury.edu  
Editor-in-Chief



## Food options

/ from page 5

Leah Smith. "You kind of have to eat at the same places over and over, especially as a freshman," Smith said. "I don't have a car, so I can't go to places off campus."

Lilley also feels as though some of the food options around campus are not sufficient for a meal.

"At the cafés in the academic buildings, there's like no actual choices of real food, it's just like little snacks. I don't want to go to Commons all the time," Lilley stated.

SU has satellite dining cafés in almost every academic building besides Fulton Hall and Devilbiss Hall, allowing students to have access to food before and after classes.

But freshman Sarah Kopycinski feels like many of the satellite dining places around campus all serve very similar food, making it feel as though there are not

many different options.

"TETC [and] Henson have the same food, a lot of the stuff in the library has the same food, and Cool Beans has the same food, so it's not like you are really going anywhere else," Kopycinski said.

Students also find it inconvenient that while there are many food places close to campus, they do not take Dining Dollars, including the restaurants that are in Sea Gull Square, such as Pablo's Bowls.

Many students also feel that not only the restaurants around campus, but also the convenience stores such as CVS should take Dining Dollars. This would allow students to purchase necessities such as toiletries.

"I think any place on campus should take Dining Dollars," said Lilley. "At other colleges...they have convenience stores where you can buy soap and makeup and stuff with Dining Dollars. I don't know why Salisbury is behind on the times."

Students would like to see another on-campus food service added to SU

that is both convenient and delicious. Having a Chick-fil-A on campus is great, but students like SU senior Amalie Bauman would like to have more diverse and healthier options available to them.

"We have Cool Beans, and then Chick-fil-A and Hungry Minds. I think there could be other options. More healthier options too [would be good], maybe like a salad place or smoothie places would be cool," Bauman said.

While the food options around campus are adequate, and students certainly aren't left feeling hungry, students seek more variety in their meals than what is offered now. A chain such as Panera, which offers a variety of food, including soups, salads, sandwiches, smoothies and bagels, would be highly beneficial to the students and the campus itself.

If SU is going to continue to use its food as an attraction for prospective students, it must truly be up to par on satisfying the appetites of those who attend the university. ♦

## Write for Editorial

contact editor  
Sofia Carrasco  
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## RuPaul's

/ from page 5

Language isn't the only thing for which drag culture is responsible, but not credited. The sudden popularity of lip-syncing is thanks to drag culture. Even the contouring trend that many believe was pioneered by the Kardashians actually began with queens trying to emphasize or diminish certain features of their face.

Drag, according to Charles, applies to every single one of us, regardless of gender, race or social background. It simply refers to how we choose to show ourselves to the world. "Why not make it work for you," he said in an interview with Oprah Winfrey. "If you have the power to control how people see and interpret you, why not use it?"

"RuPaul's Drag Race" has a large fan base that ranges in age. College students, however, make up the most of the show's demographic. The following is a quote from Salisbury senior Chase Hancock, who has been a fan of "RuPaul's Drag Race" since it first aired back in 2009.

"As a member of the LGBTQ+ community, I can see that 'RuPaul's Drag Race' has helped change pop culture by increasing general acceptance of the queer community," Hancock said. "The show has opened the eyes of the public to better understand drag, the history behind it, what is means for the LGBTQ+ community, while still being an entertainment program. It's a show with power that opens doors for education and tolerance towards sexual minorities."

Drag has a long history in Western European culture and it is not necessarily a new phenomenon in society. Dr. Kara French, a history professor at SU, explained the long history of drag and how it has been around for centuries.

"It dates back to the time of Shakespeare if not earlier. During the Shakespearean era it was forbidden for women to perform on the stage, so men would perform women's roles instead." This often meant that the men would cross-dress as women and would act the way women were supposed to act.

In a time when drag culture is bigger and more popular than it's ever been, it's hard to imagine a time when drag was submerged deep in underground clubs and back alley bars.

Drag was seen as society's dirty little secret and the mainstream media would keep it that way for a long time. The fact is, drag has been a part of our culture for centuries. And every era that has passed has been crucial in shaping what drag is today.

Drag culture is only growing and the future is bright and full of glitter. "RuPaul's Drag Race" has put drag culture on a pedestal for the mainstream public to digest. Which means that drag is reaching new people that it's never reached before. It's important to remember the history of drag and the fight drag culture has fought and continues to fight against society's social norms.

"RuPaul's Drag Race" returns for season 11 Thursday, Feb. 28 at 9 p.m. ET on VH1. And that's the tea, sis! ♦

## Stop doing the Keto diet

LAURA AMRHEIN / Staff writer



/ Anytime Fitness image

OPINION – Carbs are evil. Fat will make you fat. One needs half their body weight in grams of protein. For decades, society has searched for a miracle diet. Though the ostracized food group continues to change, the concept is the same: Society wants a scapegoat for the weight gain that has plagued so many. The newest diet trend, the ketogenic diet or "keto diet," is no different than the other popular diets of the past.

The keto diet is defined as "a very low-carb, moderate-protein and high-fat diet. It typically contains 75% fat, 20% protein and only 5% carbs," according to healthline.com. The purpose of the keto diet is to help the body go into a state of ketosis, where the body burns fat instead of sugar for energy.

Salisbury University's dietician Terry Passano said the keto diet was first created in the 1920's to help people with seizures and has been shown to have positive health effects.

"It has been shown to help with weight loss, it helps with some kinds of cancer [and] it helps with some neurological disorders," Passano said.

However, this is not always the case.

When undertaking the keto diet, people look for foods that are high in fat and low carb. Often, dieters see it as an opportunity to eat large amounts of bacon, butter, chicken, red meat, heavy cream and more. At the same time, they cut out carbohydrates, including whole grains, fruit and some vegetables.

"If you are going to be doing it, then you have to eat plant-based fats. A lot of people just think it's all bacon and processed meats," Passano said. "If you are doing that, then you are not going to be doing yourself a lot of favors."

Salisbury freshman John Thompson tried the keto diet for around three months after gaining weight over the summer.

"Usually I would try to have some kind of meat. I would have chicken, or I would go to Chick-fil-a and get a sandwich and I wouldn't eat the bun," Thompson said. "I liked it, but on the other hand, since I wasn't getting enough carbs, I was not very energized throughout the day. Around two o'clock I would pass out for a nap. It kind of sets things back."

The keto diet may leave a person feeling sick from the very beginning and cause them to experience what experts are calling the "keto flu."

Keto flu is a result of the body being deprived of car-

bohydrates, and can cause symptoms such as headaches, fatigue, muscle aches, nausea and diarrhea. The good news is that no flu shot is needed to prevent the keto flu, just avoid society's latest "health" trend.

Charlie Lucas, a freshman at SU, said his sister also tried the keto diet and was not pleased with the results of the diet.

"She tried for two weeks [and] she said she actually gained weight because of it. She gained three to five pounds over the two weeks" Lucas said. "She said she didn't eat any carbs, like fruits were considered carbs, so she didn't eat any fruits."

Like Thompson, Lucas' sister felt the negative effects on her body from not consuming carbohydrates.

"She said [she felt] tired, bloated and gross the whole time," Lucas said.

Along with short-term effects, the keto diet may cause long-term health effects as well, according to different studies.

One such finding was that the ketogenic diet "has been linked to the development of non-alcoholic fatty liver disease (NAFLD) and insulin resistance," according to lifespa.com. It was also found that there was an increased risk of arterial stiffness, which is an early marker of cardiovascular disease.

These are just two serious side effects attributed to the keto diet. Even more, the diet is relatively new, so the effect on long-term health is still partially unknown.

The ketogenic diet is not sustainable, and in order to keep the weight off, lifestyle changes are necessary. Many people will end up gaining the weight back from the keto diet for this exact reason.

Passano agrees that the diet has some downsides in terms of physical health.

"I think the ketogenic diet can be dangerous if you don't do it right," Passano said. "You do run the risk of being deficient in nutrients. Some people get a really high cholesterol."

So before diving into such a rigorous diet, one which involves isolating an entire group of food that is known to give the body energy, one should try to focus on eating unprocessed whole foods.

Go ahead and grab a piece of bread, just go for the whole grain option and enjoy it in moderation. ♦

# Alexandria Ocasio-Cortez is the change we need in American politics

SOPIA CARRASCO  
Editorial editor  
@soso\_coco\_

OPINION – Born and raised in the Bronx, New York, and the youngest woman to ever be elected into Congress, Rep. Alexandria Ocasio-Cortez, 29, is making huge waves in the political sphere.

As a democratic socialist, Ocasio-Cortez, or "AOC," has taken up progressive and ambitious fights such as climate change policy through the Green New Deal, Medicare For All, abolishing U.S. Immigration and Customs Enforcement, income and racial inequality and changes to campaign finance laws.

On March 9, Ocasio-Cortez spoke with The Intercept's Senior Politics Editor Brianna Gray at the South by Southwest Conference and Festival in Austin, Texas, where she defended her stance as a democratic socialist and discussed her political agenda.

"Democratic socialism means putting democracy and society first," Ocasio-Cortez said. "It's not that the capitalist concept

should be abolished, it's a question of our priorities. The fear mongering around it makes you think democratic socialism means that government will take over the private sector when in fact, in my opinion, those two things should be separate," she continued. "In reality, we should actually all be scared right now that corporations have taken over our government."

Ocasio-Cortez also critiqued "moderates" during her panel who have become increasingly cynical and see "ambition as youth naivety." But she argues that "the greatest things we've accomplished as a society, they come from ambitious acts of vision."

The congresswoman has become an advocate for the working class, communities of color, immigrants and young people that the system constantly works against. Ocasio-Cortez understands that issues like climate change will undoubtedly impact lower-income communities of color astronomically more than the wealthy upper class.

When discussing the Green New Deal, she highlighted the importance of understanding this intersectionality and how the

policy does not only address the environment, but our economy, infrastructure and inequality.

The Green New Deal aims "to fix the pipes in Flint, the air in the Bronx, the electric grids in Puerto Rico and fund the pensions of coal miners in West Virginia," Ocasio-Cortez said.

Ocasio-Cortez is challenging not only individual issues or policies, but the systematic way our country operates, which creates a huge gap of inequality.

"The effort to divide race and class has always been a tool for the powerful to prevent working people from taking control," Ocasio-Cortez said. "Wages have been stagnant for 30 years, wealth is enjoyed by only a small number of people, and the reason is not systemic inequality, it's not runaway capitalism – the reason is, 'Mexicans!'" Ocasio-Cortez said. "They want us to fight over each other when we really need to be zeroing in on the malpractice of governance and how special interests captured the only tool we have to govern ourselves fairly and not at a profit."

In the audience was the one and only Bill Nye "The Science Guy," who asked Ocasio-Cortez the last question during her panel on how to address climate change when fear is controlling people's lives and the decisions they make.

"One of the keys to dismantling fear is dismantling a zero-sum mentality," Ocasio-Cortez answered. "It means the rejection outright of the logic that says someone else's gain necessitates my loss and that my gain must necessitate someone else's loss. We can give without a take."

When discussing the price tag on the Green New Deal, she insisted "We're viewing progress as a cost instead of as an investment... When we choose to invest in our system, we are choosing to create wealth."

As global temperatures continue to increase, the latest Intergovernmental Panel on Climate Change report states that it will cost the United States upwards of \$300 billion on climate-related deaths, property losses, infrastructure damage and lost wages in outdoor industries. The Green New Deal is not only for the environment, but for the well-being of the entire country.

Nye later tweeted a selfie with the congresswoman saying, "AOC gets it. She sees

that fear is dividing us. We can address income inequality. We can address climate change, if we get together and get to work. #SXSW @AOC"

Ryan Schrader, a senior at Salisbury University, thinks Ocasio-Cortez is inspiring and hopes this trend of progressive policy continues as millennials replace baby boomers in Congress.

"I think she's awesome, it's like a breath of fresh air to have someone with the confidence to call out so many people, and she's so young and a woman, so there's a lot against her," Schrader said. "She's really inspirational and a little bit of optimism in this presidency, which we haven't had a lot of optimism in my opinion."

As an environmental studies major at SU, Schrader supports the Green New Deal policy, but understands that with such radical policies, criticism is inevitable, especially with Ocasio-Cortez's increasingly popular social media presence.

"Social media is such a huge part of today's world, how could you not be involved? So it's kinda like a weird in-between. I imagine it's hard to keep that balance," Schrader said. "But if you're going to run and come on so strong, you need to be ready to be targeted. I mean whether it's fair or not depends on your perspective, but you have to expect criticism or at least be okay with criticism."

While criticism is part of a healthy democracy, the GOP has disproportionately targeted Ocasio-Cortez in an attempt to discredit her and her initiatives. Some have labeled her goals as "utopian," "unrealistic" and "radical," but these terms only highlight their own fear of her.

Ocasio-Cortez represents everything that Republicans and Conservatives dislike about Democrats. She is a young Hispanic woman who is gaining huge popularity through social media for her controversial socialist policies, and is not backed or restricted by donor money. She won a seat in Congress because the people support her and believe in her.

Following Senator Bernie Sanders' footsteps, she is spearheading a new path for American politics, which many young voters approve of regardless of political affiliation. She is uncovering the truths and corruption behind our government and attempting to fix them, not become a part of them. ♦



Alexandria Ocasio-Cortez "AOC" speaks and poses with Bill Nye at the annual South by Southwest conference / SXSW images





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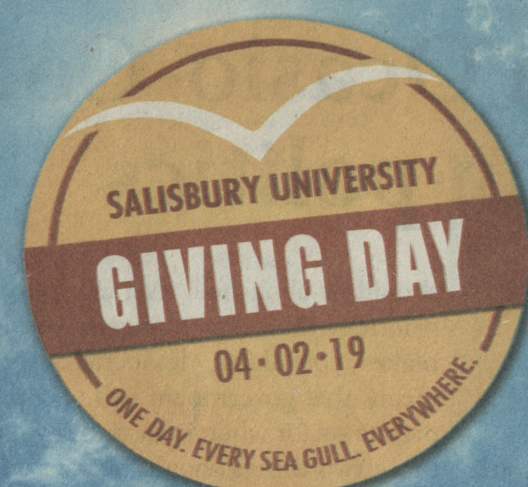
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GULL LIFE

SOAP HOSTS ANNUAL SKI TRIP / p11

## Salisbury University's Got Talent

LAURA AMRHEIN / Staff writer

HOLLOWAY HALL – Salisbury University showcased some of its most talented students on March 1 in the SU's Got Talent competition.

The event, hosted by the Student Organization for Activity Planning, was SU's version of "America's Got Talent." It was held in the Holloway Hall Auditorium, and over 200 people attended the show.

SU senior and SOAP President Diana Rapine hoped to bring some excitement to campus while also including members of the community.

"My goal was to provide entertainment to students and have a decent attendance. [It was also to] give an opportunity for students to showcase their talents," Rapine said.

In order to compete in the talent show, students had to audition. Rapine stated that around 25 acts auditioned, but only 12 were accepted into the grand performance.

"You had to complete an audition with a ten-minute time slot, and they notified by email whether or not you had been accepted," freshman and show participant Melanie Staszewski said.

Audience members were treated to a variety of talent, including singing, guitar playing, piano playing, songwriting and comedy.

"I really liked the one performer [Chareese Vandyke] who wrote her own song, it was really unique. She also had really good vocals and played the keyboard," SU freshman Stephanie Hof said.

The show was hosted by YouTuber Jon Raymond Fisher, who used both comedy and music to entertain the audience. Fisher engaged the audience by playing song mashups for everyone to sing along to in between acts, and by playing song parodies about college, the gym and more.

"I really enjoyed the host. I thought he was really fun-



First-place winners and freshmen John Thompson and Melanie Staszewski singing the duet from the popular film "A Star is Born." / Laura Amrhein image

ny... He really got the audience involved," Hof said. "People were dancing and singing along, and it was just overall a really great time."

The participants included Paige Stevenson, Gwan-yung Park, Pau Suang, The Silent One, Anthony Calamoneri, Chareese Vandyke, Ellie Kessler, Abigail Hoffman, Matt Ryan, Haley Winans, AJ Draper, Nathan Weir, Melanie Staszewski and John Thompson.

Though all of the performers were amazing, a winner had to be chosen. The three judges, employees of SU's Center For Student Involvement and Leadership, Tricia Smith, Stefanie Kasven and Susie West first chose the top three contestants. Audience members were then able to vote through their phones to select the winner.

Third place went to Ellie Kessler, a freshman at SU. Kessler's mesmerizing voice stunned the audience. Sec-

ond place went to Anthony Calamoneri, who is a junior at SU. Like Kessler, he shocked the audience with his voice. He played a few different songs, including songs by Ed Sheeran.

First place was awarded to John Thompson and Melanie Staszewski, two SU freshmen who performed a duet together. They performed the song "Shallow," originally sung by Lady Gaga and Bradley Cooper, and received a standing ovation.

Staszewski was thrilled to have the opportunity to perform and looks forward to being able to do it once again.

"It was a great experience, and I hope I can do something like that again. It was just fun coming together and performing on stage for all my friends and my family," Staszewski said.

## One man's beautification of the student union

CAROLINE STREETT / Gull Life editor

GUERRIERI STUDENT UNION – There are certain elements to life that we don't put much thought or appreciation into — we just expect them to be there.

The surfaces that we use to eat off of, bear the weight of our textbooks and simply spend hours leaning on — tables — fill Salisbury University's Guerrieri Student Union, and in GSU's 33 years, the tables have taken a beating.

It was not until the manager of Cool Beans asked carpenter of SU's Physical Plant Randy Lind to restore a table that the beautification of the student union began through one man's initiative to preserve and fix tables while giving each table its own unique design.

Dr. Lawanda Dockins-Mills, associate dean of students and director of Guerrieri Student Union, explained the transformation that Lind was responsible for and emphasized that his work was done not for the reason of economic benefit, but simply out of Lind's generosity and willingness to better the building.

"This terrific guy has turned old and ugly into wonderful with the work he has done," Dockins-Mills said. "I really want the campus community to know that we have this staff person on campus who had the wherewithal to take a look at some old outdated tables that really needed to be, well, my thoughts were, to replace them," Dockins-Mills said.

Lind has restored what he estimates to be near 15 tables now, and they were tables that would have been thrown out otherwise.

In the process of restoring the tables, Lind goes about each table differently depending on what it is made of. He likes to preserve the natural beauty of the wood if he can and attempts to save the wooden edges and wooden veneers.

On other tables, he uses tactics ranging from acrylic finishes to resin powders in an effort to make each table unique. Lind's restoration began with the simple task of fixing up a few tables in Cool Beans, but after showing his artistic ability, Lind has been asked to restore as many tables in GSU as he can.

"Every one of them is different," Lind said. "Originally, the first one I just did a checkerboard table."

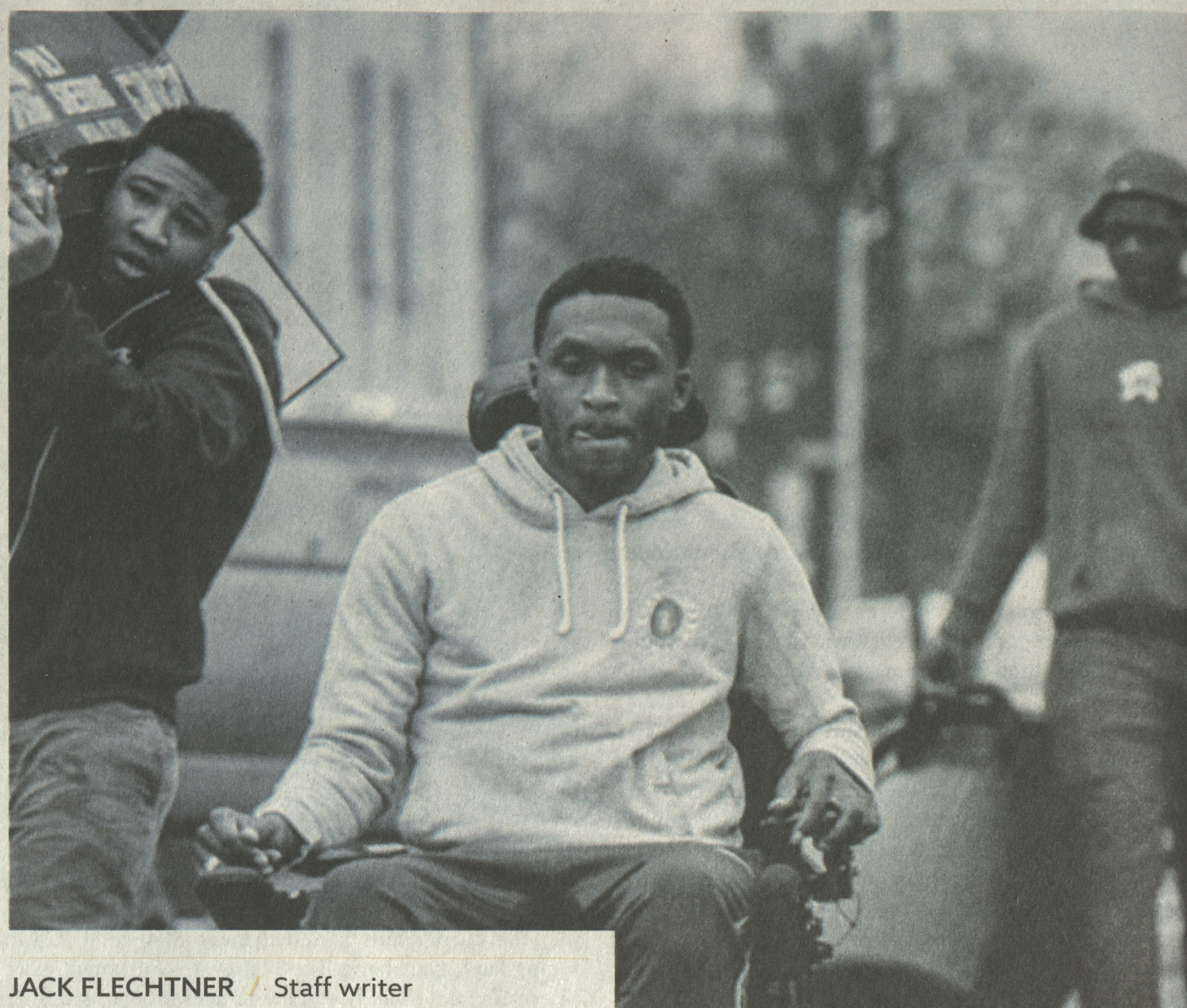
Lind enjoys doing the restorations and gets more cre-



SU carpenter Randy Lind with some of his unique table designs in GSU. / Caroline Streett image



## Paralyzed athlete brings inspiration and change to SU



JACK FLECHTNER / Staff writer

CAMPUS – Despite what anyone says, it only takes one dedicated person to truly make a difference.

The members of Public Affairs and Civic Engagement at Salisbury University had the Founder and Executive Director of the Safe Alternative Foundation for Education Incorporated Van Brooks to speak on how one person can change the hearts and minds of others.

In Brooks' speech, he shared how he grew up in the city of West Baltimore. His passion for football earned him recognition from a number of division-one schools.

Brooks' path to success was very clear to him until Sept. 25, 2004, when an accident rendered him paralyzed from the neck down and unable to walk, eat or even breathe on his own.

"That was very devastating," Brooks said. "And it was just something that I had to really try and figure out how I was gonna move through life."

He continued his high school education from the hospital and later graduated from Loyola Blakefield.

Brooks was told that he would not be able to attend college, but he proved the critics wrong and earned a bachelor's degree in mass communication from Towson University.

Despite being told he could never walk again, Brooks later walked his first steps on Sept. 27, 2012. After seeing countless numbers of volunteers who helped him through his time of need come from across the country to congratulate him, Brooks was inspired to do the same for his community of West Baltimore County.

"So many people helped get me to where I am today," Brooks said.

Senior Kaylee Payne attended the PACE event out of curiosity on what more she could do to give back to the Salisbury community.

Payne often goes to the Wicomico Humane Society to volunteer her time walking the dogs, but Brooks' speech made her want to do more.

"I can't say that I've ever been through such a traumatic experience as Van Brooks went through," Payne

said. "But I can say that after hearing his story, it just goes to show that in being one person, you may not think you can make an impact on the world, but if everyone had that mindset, nothing would ever change."

In 2015, with little funding and only a small following, Brooks built the Safe Alternative Youth Center in West Baltimore County with the help of community outreach and the connections he made from all of the volunteers who helped him.

"We all can do and have the impact that we want in our community," Brooks said. "Through cracking the code of connecting, we can all come together to achieve a common goal."

There were three important goals discussed for the future of Safe Alternative. The first goal was to finish development of the online platform referred to as "Maryland Connected."

The online platform gave way to the possibility of instant communication between any individuals in Maryland who are interested in finding areas to volunteer for.

The next goal was to provide all middle schools and high schools access to Americorps resources for education, hands-on experience and connections for different career opportunities.

Brooks made the goal to finish the development of a second Safe Alternative Youth Center to provide more children in West Baltimore with the proper education that they need.

Brooks hopes that through his experiences and his foundation, he can inspire others to have the same impact on our community that he has had with his.

For more information on Safe Alternative, go to [www.safealternative.org](http://www.safealternative.org).

To learn more about volunteer opportunities here at SU, go to [www.salisbury.edu/volunteer](http://www.salisbury.edu/volunteer).

Van Brooks spends time giving back to his community because of all that his community has given him.

Andre Chung image

## Lind's tables

/ from page 9

ative with each design as he utilizes different painting methods and different finishes.

"I didn't want to do just a plain refinish, stain and clear tables," Lind said. "So I started doing something that would take notice and things just kind of escalated."

Lind's typical work stems from a carpentry background in which he works on building houses, conducting repairs, doing finishing trim work and working with wood to build various structures. Lind also likes to get the students involved in the restorations, and SU alumni Crystal Campbell played a role in helping to paint the space-themed table in Cool Beans.

Although tables are often nearly invisible structures that people don't normally pay a lot of attention to, Lind's reconstruction of tables has played a role in beautifying the student union and making it a more welcoming at-

mosphere for the SU community.

"In a meeting just last week, staff members came out and they saw just one table and they were like 'Wow, we need to have our tables redone like this,' and they had no idea at that point that this was an internal staff member who has done this work," Dockins-Mills said.

SU sophomores Kayla Homeyer and Carrie Hesen are just two of many SU students who prefer Cool Beans to study and lounge due to its laid-back and comforting atmosphere.

"It's just such a nice environment, and I think the tables are really interesting," Hesen said. "I like how none of them are the same."

Lind's tables can be found all throughout GSU including in the commuter lounge, Chick-fil-A, Cool Beans and the upstairs lounge areas.

"I just want the campus community to recognize the level of commitment that this staff member from our physical plant has for the engagement and betterment of students," Dockins-Mills said.

## Sea Gulls turn into ski-gulls at SOAP Ski Trip

MEGAN SOUDER / Staff writer



Freshmen Maura Dullea and Marshall Haas ready to hit the slopes.  
Megan Souder image

SKI TRIP – After a week of deadlines, tests and stress, students may feel like they need an escape. Possibly a weekend getaway where they can ski, snowboard or tube all day, warm up in the hot tub and finish the night with a poolside hangout?

The Student Organization for Activity Planning gives students a wide variety of opportunities to make these getaways possible and affordable.

SOAP promotes bringing "good clean fun" to campus such as movies, games, performers and more. Although the majority of its events are based on campus, the organization does several trips a year that get Gulls out of their nest and into new destinations such as the \$20 New York day trip, \$60 overnight Camelback Mountain Resort Ski Trip and \$20 Bush Gardens trip.

SOAP held its annual overnight ski trip in Tannersville, Pennsylvania on March 2. Students were provided with a hotel room, could choose between skiing, snowboarding and tubing and had access to a water park with 13 water slides, surfing simulator and more for \$60.

How can SOAP can make its trip prices so reasonable? Senior Kia Porter, the travel chair of SOAP, explained that students are already paying for these events in their tuition, so they should take advantage of the opportunities.

"SOAP is funded through the school, so the student activities fee in your tuition goes toward the activities we run," Porter said.

Freshman Marshall Haas, a business management student, found out about the ski trip through the student activities newsletter and decided to go "to meet new people and have the opportunity to do something off campus."

The highlight of Haas' trip was snowboarding all day. Not only are these trips a great value, but as Haas says, they're "a great opportunity to socialize with fellow Gulls."

Porter agrees that SOAP events in general, as well as travel trips, are a great way to meet new people and make friends. By sharing new experiences with new people, students can expect to come home with timeless memories and maybe even

some new friends, too.

According to Porter, the ski trip and the New York trip seem to be SOAP's most popular and highly anticipated events.

"Year after year they sell out, and many people who have attended the trips in previous years tend to come back," Porter said.

Senior Shannon Rommel is one person who took advantage of the ski trip two years in a row. Comparing last year's trip to this year's, Rommel described that "This year was much more organized, although they were both super fun."

Rommel explained that during the 2018 SOAP Ski Trip, there was trouble with some logistical things like transportation and the rooms, but aside from that, Rommel and her peers were able to hit slopes early so they could ski all day and go to the water park at night.

When asked if they would ever do a trip similar to this independently, students expressed their gratitude for the organization.

"The entire trip was only \$60, which is incredible, and I'm so glad Salisbury offers

opportunities for students like this," Rommel said.

Similarly, Haas emphasized that "[SOAP] made it super affordable for us to be able to have a hotel room and ski."

Relating to offering new overnight trips, Porter explained that it depends on what the trip is.

"Something like the ski trip costs thousands of dollars to do, and each trip requires lots of planning, time and funding, but we're definitely open to new ideas," Porter said.

Although these trips are a great bargain, many students found the real value for them was in the friendships they made and experiences they shared with their fellow Gulls.

If students would like to participate in SOAP's future trips such as the "Into the Woods" musical trip on April 6 or the Bush Gardens trip on April 27, look out for CSIL emails or check SOAP's Instagram page for more information @SUsoap.

Students in ODEL 210 tread water in.  
Emma Reider image

## SU professors give perspective on climate change

JARED SHEMONSKY / Staff writer

Barack Obama described climate change as "one issue that will define the contours of this century more dramatically than any other."

Yet, in a sampling of 17 political debates between the Senate and congressional races this year, there was only one question on the topic of climate change.

And in a recent study done by YouGov in February of last year, an average of 54 percent of people across all age groups believed that climate change is caused by humans, meaning that 46 percent of people doubt that people are responsible for the changing temperatures and the problems that ensue because of the change.

Climate change is one of the most polarizing issues in the modern era and has caused much disagreement in the last ten years, with politics interfering with the distribution of accurate information.

Disagreement has been made apparent in an annual study done by Gallup, which asked Americans from March 1 to March 8 of 2018: "Do you believe global warming will pose a serious threat in your lifetime?"

According to the study, 82 percent of Republicans and 55 percent of Independents responded that they don't believe it

will pose a serious threat in their lifetime, while 67 percent of Democrats believe that it will.

With such different views and misaligned opinions, some believe that media and politics could be to blame in their interference with the spread of information.

Dr. Brian Hill, an economics professor in the Perdue School of Business, believes that climate change is a serious issue, and he revealed his opinion that the news tends to mislead people on the facts of the issue.

However, he admits that he doesn't see the issue directly relating to his area of study.

"Broadly defined in the area of economics, yes, not necessarily in my specific area of expertise, but for environmental economists it is," Hill said.

Dr. James Burton, a media studies professor in the Fulton School of Liberal Arts, is a firm believer in the existence of climate change and reveals that he doesn't "see any grey area" in that fact.

While Burton admits that he has not read any scholarly articles directly stemming from the scientific community, he highlights that interpretations of scientific research apply to his area of expertise — media studies.

Burton does not think about climate change daily, but there are times when Burton fears for the future of our world.

"I have two daughters that are 2 and 9,

and every time I pay my mortgage, there's the thought that it may be underwater by the time I pay it off," Burton said.

On the subject of the media and politics and their impact on public opinion, Burton found the topic too broad to pinpoint just one impact, but he accredits a large amount of the issue to the way the media and politicians weave doubt into their conversations.

Burton's specific area of study does not initially focus on climate change in action, but rather on the conversation.

"I think that my area focuses on the different ways media covers the issue," Burton said. "And there's a stat where in the last three presidential debates, there wasn't one question on climate change, so it's there in its absence."

Dr. Jennifer Nyland, a toxicology professor in the Henson School of Science, gave the perspective that climate change is a real and proven fact.

"I don't think it's a question of belief or not belief. I believe in the science, I trust the science, so it's a fact," Nyland said.

Given that Nyland is intrigued by the science behind the issue, she revealed that she has read articles on the subject and beyond the reading, she has written a synopsis on the effects of climate change on mercury releases and impacts on wildlife and human health.

Nyland believes that climate change

impacts her daily life on a small scale.

"I try to minimize my carbon footprint," Nyland said. "On the small scale, I try to do what I can, like buying yarn from sheep farms where they sequester carbon in the soil as part of the ranching process."

Nyland does not directly blame the media or government officials for persuading the public on these issues, for she believes people need to seek out information.

"I think it's important that people are as informed and educated as possible and for people to make their own decisions," Nyland said. "But I think that the lazy way out is to just watch one news channel or one news source and take that as the gospel truth. And the yellow press is alive and well, and we're being manipulated as a society, not just in America, but across the world."

## Write for Gull Life

contact editor  
Caroline Streett  
for information



# Sansom takes conflict resolution to Paris with UNESCO Fellowship

CAROLINE STREETT  
/ Staff writer

**STUDENT SPOTLIGHT** – Salisbury University sophomore Nate Sansom is taking what he's learned at SU to Paris with his fellowship at the United Nations Educational, Scientific and Cultural Organization.

Double majoring in political science and conflict resolution and dispute analysis, and minoring in international relations, Sansom feels that what he has learned has more than prepared him for the fellowship abroad.

Sansom is in the social and human sciences sector within the youth and sports section at UNESCO.

The fellowship consists of looking at sports programs and the ways in which the programs can help spread the prevention of violent extremism within youth in France.

Sansom explained that the fellowship is more than just sports though, for those at UNESCO incorporate programs to teach important values — such as civic engagement workshops or identity workshops — to try to target and help youth in at-risk areas.

"Really just trying to empower them, that you know, we are youth, we are the future, we can make a difference," Sansom said. "You are heard, because a lot of these youth in communities that have identified to be at-risk, that's exactly what they need to hear."

Sansom obtained the fellowship after applying through SU's Bosserman Center for Conflict Resolution.

The center and the fellowship were named after late founders Carol and Dr. Phil Bosserman. Aside from the academics involved, receiving the fellowship had sentimental value to Sansom in that he knew Carol Bosserman, and was able to share this victory with her.

Sansom got to know Carol Bosserman in his time spent volunteering at Lakeside Assisted Living in Salisbury.

"I got to tell her that I had been awarded this fellowship, and we had a really unique moment — she called me an honorary Bosserman," Sansom said.

Sansom gives much credit to his success along with praise to the Executive Director of CADR Dr. Brian Polkinghorn as well as the Dean of SU's Honors College Dr. Andrew Martino.

"Dr. Polkinghorn at the center has been absolutely instrumental in every step of this process," Sansom said. "It's not been easy, there have been a lot of hoops to jump through and I give a lot of the credit to him for just helping me through every step of the process."

When it came down to choosing two students fit for the fellowship, Polkinghorn explained it was difficult in that they just had so many promising applicants.

"I'm hoping in the years to come, that as [the UNESCO fellowship] continues to grow, that we will be able to do the same thing every year," Polkinghorn said.

When it came down to Sansom's application and character, Polkinghorn explained that himself and the committee had no doubts that he was right for the fellowship.

10 students are chosen each year for the program, with applicants from SU, the University of Oregon, Penn State and Georgetown, and the committee looks for a number of qualities in the students they choose.

"What do we look for in a UNESCO fellow? A student who shows initiative," Polkinghorn said. "Somebody who can advocate for themselves, mature, really has their act together. Somebody we can send to another country for six months and we know that they are going to be doing what they are supposed to be doing."

UNESCO initially did not want to take undergraduate students for the fellowship, but in sending SU undergraduate students in previous years and having success with them, UNESCO made the exception to allow it.

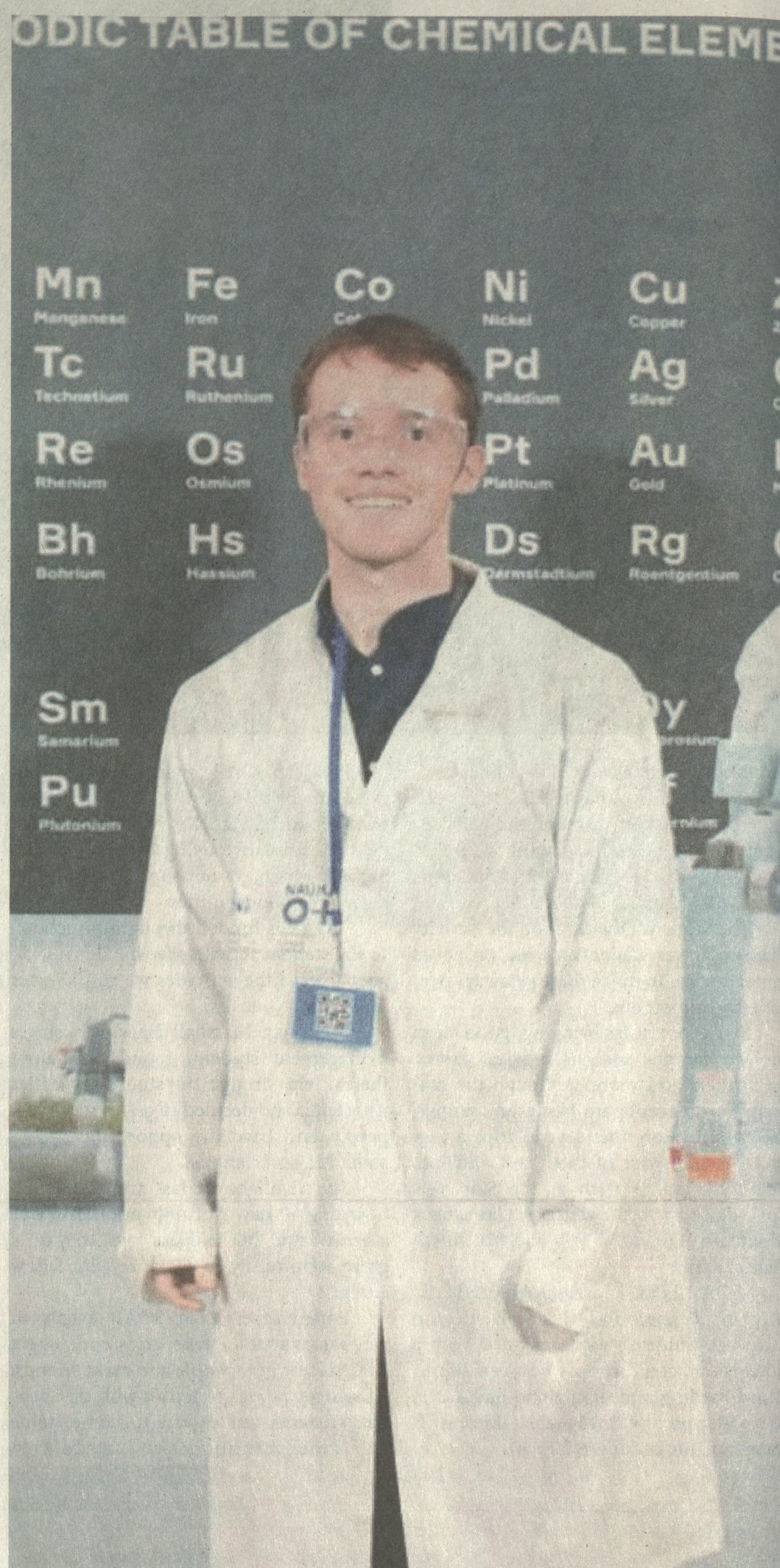
SU alumnus Dr. Mark Brennan, UNESCO chair and Penn State professor, was responsible for starting the fellowship, and he did so to honor Bosserman's legacy.

In his work in Paris, Sansom also hopes to preserve this legacy while making the world a safer and better place.

"Really what I want to do here is, of course I want to help with the prevention of violent extremism in youth," Sansom said. "But more than anything I want to truly continue the Bosserman legacy of Dr. Phil and Mrs. Carol Bosserman, as well as the legacy upon which our center has been built."

Sansom's fellowship consists of research and application. Sansom is pictured at a UNESCO event.

Contributed images



## TheFLYER SPORTS

### HIGHLIGHTS

HOW DID INTERIM BASKETBALL COACH BRIAN MCDERMOTT DO IN HIS FIRST SEASON? / p14

#### RECORDS March 12

BASEBALL  
7-4-1

SOFTBALL  
9-2

MEN'S LACROSSE  
6-0

WOMEN'S LACROSSE  
5-1

MEN'S TENNIS  
5-3

WOMEN'S TENNIS  
3-2

#### UPCOMING COMPETITIONS

March 13  
Baseball – 3 p.m.  
WLAX – 7 p.m.

March 15  
WLAX – 1:30 p.m.  
Baseball – 3 p.m.  
MLAX – 5 p.m.

March 16  
Baseball – 12 and 3 p.m.

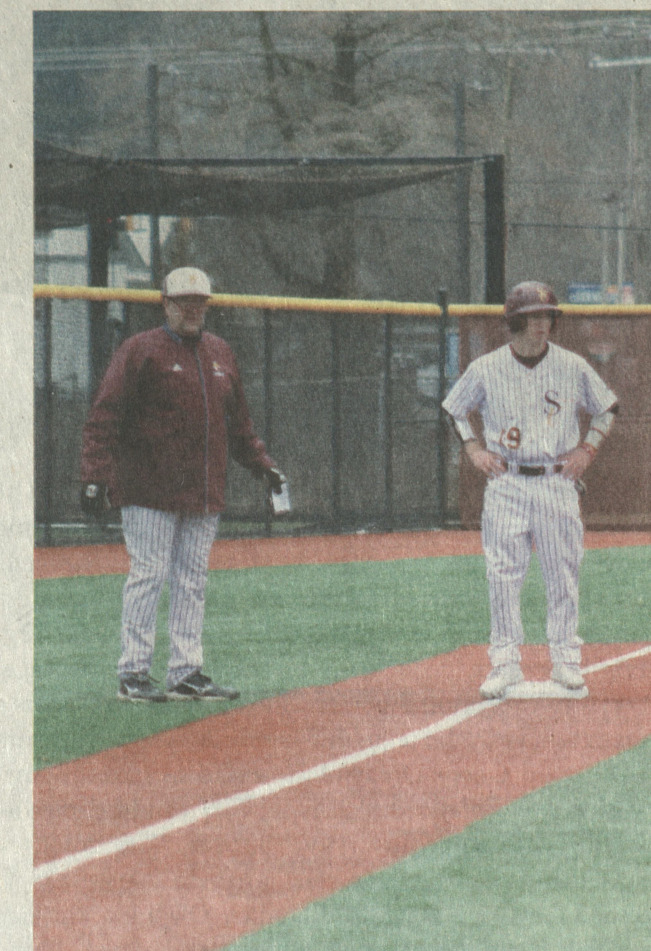
March 17  
MLAX – 1 p.m.

March 23  
Baseball – 12 and 3 p.m.  
Softball – 12 and 2 p.m.  
MLAX – 1 p.m.

March 24  
Baseball – 12 p.m.

## The many sides to baseball coach Ron Siers

HOLLY FERRIS / Sports editor



BASEBALL – To Salisbury University sports fans, most know Ron Siers as the associate head coach for the baseball team.

On game days, fans can see Siers on the third base side talking to the players between pitches or giving signals for base runners to run home.

But Siers wasn't always geared toward baseball. "Here's the weird thing, I was a basketball player here at SU," Siers said. "I wish I could have done both basketball and baseball, but one season kind of morphed into the other."

Siers didn't get into coaching baseball and basketball until after college, when he got his first job at a local high school as both a teacher and coach.

Siers had that position for eight years before Robb Disbennett, now the assistant head football coach, asked him to assist with the SU baseball team.

While fans know Siers is a coach, they may not know that he is also an associate professor at SU.

Siers teaches in the department of secondary and physical education and is the athletic coaching minor coordinator.

"Those are the three hats I wear all day," Siers said.

The positions tend to overlap in some way be-

Coach Siers with OF Cameron Hyder.  
/ Emma Reider image

Siers / page 15

## Warren proves to be reliable force in goal for Salisbury

TOMMY WEST / Staff writer

MEN'S LACROSSE – The Salisbury University men's lacrosse team is off to yet another strong start. Jim Berkman's squad is undefeated on the season with a 6-0 record as of March 12.

Much credit to the Sea Gulls' early success can be attributed to goalkeeper Brandon Warren. Allowing an average of 7.1 goals per game, the junior has been a brick wall for Salisbury during the season.

Warren, a 6-foot-1 and 190-pound goalie out of Calvert Hall, says he relies on his defense to make plays in front of him to make his job easier.

"The defense has really been giving me shots that I can see well," said Warren. "They've also done a good job forcing outside shots instead of inside shots that are more difficult to save."

Communication is key between Warren and the defense. "It's something we work on in practice. We talk a lot to make sure we are always in the right position," Warren said.

Coming off a stellar sophomore campaign, Warren says he's still looking to improve.

"I've been getting a lot of practice in and definitely look to do even better than last year," Warren said.

In his sophomore season, the goalkeeper accumulated 125 saves over 21 games played — going 17-2 as a starter.

While the 2018 season was a considerable success for Warren, it consisted of many peaks and valleys for him and the rest of the team.

During the beginning of the 2018 season, the goalie position was a huge question mark for Salisbury. Anthony Stavrakis started the season in goal for the Sea Gulls. After Stavrakis struggled through the first few games, Berkman called on Warren to step up and win the position.

Warren's first start of the season came against Kenyon College, in which Salisbury dominated with a 20-2 victory. The next week, Salisbury hosted Stevenson University in a narrow 9-7 win in which Warren played well, saving 56 percent of shots on goal.

By this point in the season, the job officially belonged to Warren.



Defenseman Noah Kness during a home competition, Feb. 23. / Marshall Haas image

MLAX / page 14

### Write for Sports

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# How did interim basketball coach Brian McDermott do in his first season?

NICK LEWIS / Staff writer

OPINION — The Salisbury University men's basketball team fell short of the NCAA Tournament last season.

Former head coach Andrew Sachs led the team to an 18-9 overall record and the Capital Athletic Conference semifinal game. They would fall to York College of Pennsylvania, 75-59.

Many had high expectations for this season. With strong seniors Blair Davis and Chase Kumor and young stars such as Gary Bridgell and Mike Ward, the Sea Gulls were primed to make another run at the NCAA tournament.

These expectations were short-lived though, as it was announced in early October that Sachs was placed on administrative leave. He would not return to the team, causing doubt to fester in many fans regarding its performance this season. The players, though, remained confident in their abilities.

"I think everyone outside the locker room didn't have very high expectations of us, but the nine or 10 of us were very confident, including Coach McDermott," Kumor said. "He knew we were capable. Adversity makes people react in different kinds of ways, but we knew together that we were able to face all different kinds of adversity that we faced this year, and it just made us even better basketball players and people."

Brian McDermott was named the interim head coach for the basketball team on Oct. 2. His first experience as head coach came as an impressive scrimmage win over Division I University of Maryland Eastern Shore in the "10-Mile Tipoff." While this was only a scrimmage, it boosted the morale of the Sea Gulls and got them on the right foot to start the season.

One of McDermott's main priorities was to keep the team together and maintain the dynamic that many of the players had with each other. Any player on the team would be willing to speak to his positivity and support throughout the season, which helped hold the team together through adversity.

Salisbury's cohesiveness as a team was on full display early in the season, as it was able to rally and bring a program-best nine straight wins to open the season. Despite struggles in conference play, the team would wrap up the regular season with an 18-7 record.

McDermott's squad earned the fourth seed in the Capital Athletic Conference and hosted Frostburg State University in the first round of the CAC Tournament. It overcame a 20-point halftime deficit to secure a statement win, 78-76.

The Sea Gulls would lose their CAC semifinal matchup against Christopher Newport University, but it did not matter. The committee had seen enough from this team and granted them an at-large bid to the NCAA Tournament. They would fall to Baldwin Wallace University with a score of 75-61.



The Sea Gulls huddle together ahead of a matchup last season against Mary Washington. / Marshall Haas image

Despite the tournament loss, this season was a success for the Sea Gulls. They were able to overcome multiple forms of adversity and still earn a ticket to the NCAA Tournament, which many teams cannot do in their best years.

"I think it was an exceptional performance by the team this year, the team and the coaching staff," said Gerry DiBartoli, the Salisbury University athletic director. "In terms of dealing with some adversity early in the year ... this team was just resilient, they decided they were going to do whatever they could to stay together and win games."

A significant factor in the team's ability to reach the "big dance" was McDermott's willingness to allow input and creativity from the players. McDermott was placed into a tough situation, and the best way to find success among that was to allow the players to be themselves.

"He just let us be us, and I think it worked out to our benefit," senior guard Davis said. "We were ready to be let loose a little bit, we didn't always want to run a play. We felt like if we were flowing we would be good, and that was his philosophy, so it worked out."

"I think Coach McDermott was really open arms coming in," Kumor said. "He was put in a really awkward position, and he knew that he had to play this fine line of, 'I gotta work with these guys, not work for them or try to be their boss.'"

The next challenge McDermott faced early in the season was managing a roster comprised of just eight players. This fact makes the early season run all the more impressive, as some victories came over teams playing nearly twice as many players. McDermott also handled the individual emotional needs of the players very well, allowing for the team to grow closer together as a result.

"He had to manage eight guys, eight

egos," Davis said. "I think he did a good job of managing us and keeping us together, keeping us focused."

Many people close to the team know that players had a larger role on this team than on the average college basketball team. Veteran players often worked alongside McDermott to implement new plays and ideas into the game plan.

"I would come in before practice and be like, 'I've got these three new plays, what do you think of them?' and he'd be like, 'Oh, I like those two,' so we would go with those two," Kumor said. "When we would run, we would run his fastbreak offense, which was fine, we were all open arms into it as well, so I think it was a little mixture of both."

As successful as McDermott's first season was, it did not come without struggle. McDermott's struggle was conference play. It becomes significantly more difficult to defeat teams when you have to play them twice, and this was evident in Salisbury's play in the CAC.

But the ability to take a team to the NCAA Tournament is not something that can be overlooked. While the university may want to pursue a more established name in coaching, it should be a priority to ensure McDermott gets a fair swing at keeping the job if he desires to.

DiBartolo said that Salisbury is looking for hard-working individuals who are of good character and "are proud to be associated with the university." He also said that SU wants to find a head coach that prioritizes the academic performance of their players more than their athletic performance.

There is currently an ad open for the full-time position, which will continue for one more week. Salisbury is required to keep the ad open for that three-week period.

"We formed a search committee back

in January. That search committee has members of the staff as well as one outside person," DiBartolo said. "They will go through the process of looking at every single application, and each of them will determine on their own who are their top candidates, and then they'll discuss how we want to go from there."

Three to five candidates make it through that process and come to campus, meeting with the search committee, DiBartolo and the basketball team. There is also an open session in which SU faculty and staff can ask questions, according to DiBartolo.

A recommendation is then made to DiBartolo, who will make the final decision. DiBartolo said he hopes to have a head coach in place by mid to late April, giving said coach the opportunity to get comfortable with the team as well as meet with recruits that have shown interest and grab late-interest recruits.

Regardless of the final decision on the future leader of the Sea Gulls, McDermott made the best of a shaky situation and led an undermanned roster to the "big dance." That cannot be skipped over and should be taken into consideration throughout the search.

"I definitely feel like we didn't go last year, so that's a big thing, to even make it to the tournament," Davis said. "It's really hard to play basketball with eight players on your team, so it's kind of hard to manage that as well ... I definitely think he shouldn't be overlooked in this search."

"I think he did a great job with us this year, and it's hard to pass up a look on somebody that took a team to the NCAA Tournament," Kumor said. "That's something for upstairs to decide, and we wish him the best of luck no matter what."

## MLAX

/ from page 13

However, two weeks later, the Sea Gulls traveled to take on No. 2 York College. Salisbury was handed its most devastating loss of the season, falling by a score of 15-6. Warren struggled mightily against the York offense, giving up 13 goals on only 22 shots. He was benched for Chandler Dabbs with 11 minutes remaining in the game.

After this disappointing performance, it was time for Warren to redeem himself. Despite his struggles, confidence was never lost among fellow teammates and Berkman. They believed in him, and he responded.

Salisbury would go on a 14-game win streak that took the team to the national championship game. During the run, the Sea Gulls gave up an average of 7.9 goals per game.

The Sea Gulls fell to Wesleyan University in the national championship game by a score of 8-6. Warren saved 58 percent of shots on goal.

His impressive play during the win streak garnered much warranted expectations toward an even better 2019 season.

"At the end of the season, I definitely want to win the [national championship]," said Warren. "I think that's definitely the biggest goal for all of us right now."

"I want to be an All-American, I want to be First Team CAC. I think those are things that I can definitely accomplish."



/ Marshall Haas image

The story of Warren throughout his career at Salisbury has been a story of redemption.

From beating out multiple veterans to becoming the backup goalkeeper as

a freshman, to turning around his play to take the Sea Gulls all the way to the championship game, Warren has always been somebody who plays best when he's doubted. ●

## Siers

/ from page 13

cause a lot of the things he teaches in class he also brings to the baseball field.

"I've always thought that all great coaches are great teachers," Siers said. "I've always considered myself — even when I'm out here at practice — a teacher."

Siers teaches athletic coaching classes, pre-professional teacher education classes and leadership classes both at the graduate and undergraduate level.

Leadership is a very important aspect

of Siers' career. He helps the local public school teachers become administrators through the Academy for Leadership and Education program, and he teaches leadership skills to his baseball players.

A few of the baseball players are currently in some of Siers' classes.

Seniors Jack Barry, AJ Korczynski, Will Gutekunst and Jack Decker have been on the team all four years and get to see Siers in the classroom and on the field.

Siers has seen the players grow not just as student athletes but into "really quality young men," Siers said. "Every Friday morning, the team serves breakfast to

the homeless at Halo, and those four guys have been great team leaders."

Siers doesn't take having his players in class for granted.

"What's fulfilling about that is it kind of brings me back to my high school teaching and coaching days because I almost taught every single one of my student athletes," Siers said. "Whereas when you get to the college level, unless they're in a specific major or minor, I don't really get to have that same kind of relationship, so I've been fortunate to have some of the student athletes in my class."

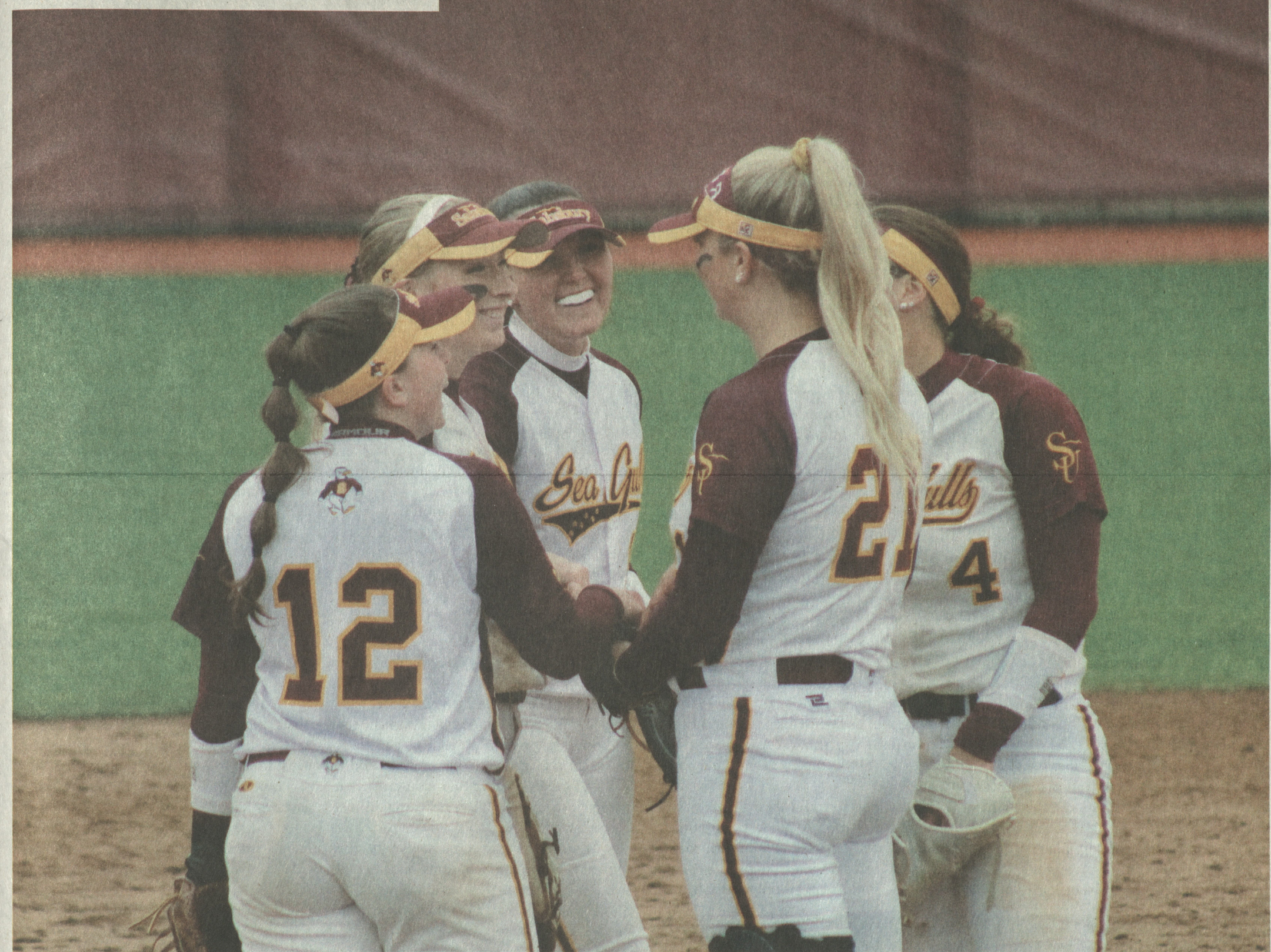
Whether someone talks to Coach

Siers or Dr. Siers, he is passionate about what he does for a living.

"I love doing both. I can't imagine doing anything else. I've been very fortunate and very blessed that for 30 years, I get to do what I love every single day," Siers said. "I really want to be a good educator and coach, and hopefully along the way I can add value to people in both their personal and professional lives that hopefully inspires them to do what they find inspirational for others." ●

# Allen's contributions at the plate and on defense give SU back-to-back 8-1 starts

BRANDON STARK / Staff writer



SOFTBALL — The 17th-ranked Salisbury University softball team started off 2019 with an 8-1 record for the second consecutive year and third time over the past five seasons. Junior Emily Allen has led the Sea Gulls both on offense and defense to make this possible.

The Ellicott City native has solidified herself as a dual threat at both the catcher and first base position. Throughout her whole playing career, Allen has played multiple positions.

"I started playing softball as a third baseman and then I switched to first," Allen said. "And then, my junior year of high school [at Centennial], I was back to catching again, so I've always kind of been between catcher and first."

Despite not always having time to get reps in both positions every practice, Allen takes extra practice reps at both catcher and first base to continue to improve her game.

"When I'm not [working with the catchers], I'm out on the field with first [base] and take some extra reps at first because not every practice I get to go to first because I'm catching the pitchers," Allen said. "Coach [Margie Knight] gives me lots of opportunities to get extra reps and get better at both positions."

Throughout her three years at Salisbury, Allen has matured into the player that she is today, realizing that her team's performance should come before her stats. Allen's stat line this season has come naturally from her focus on the team's overall performance above her own personal stats.

"I've definitely grown more as a softball player. I realize that my performance at the plate isn't always going to be the best thing for the team," Allen said. "I need, for example, to hit to the right side to score a run instead of trying to up my stats to get a base hit. So, I think it's just realizing that my performance shouldn't matter as much as how it ties in with how the team's doing."

Allen is on pace to have a career best mark in many statistical categories, including slugging percentage, batting percentage, times struck out, extra base hits, double plays and stolen bases allowed, among others.

In five games played at catcher and four at first base this season, Allen has recorded 43 putouts, three assists, and two double plays with a perfect fielding percentage, while only allowing two passed balls.

Allen credits her time spent working with fellow catchers sophomore Madeira Alexander and freshman Sydney Duplissey on how she's improved her game at catcher and has found success on the defensive side of the ball this year.

On the offensive side of the ball, Allen leads the team in RBIs, plate appearances, triples, home runs, slugging percentage and extra base hits, along with being tied for first in hits and doubles. Allen also has the third-best overall batting average, which is second among all starters, and scored the third most runs on the team.

Allen recorded a base hit in five out of her last six games and has four multi-hit games this season. When Allen walks up to the plate ready for an at bat, she knows

Softball players gather at the mound during a home competition on March 9. / Emma Reider image

that she doesn't have to do anything fancy, she just has to hit the ball.

"I realized that I can't do too much, or I wouldn't be successful," Allen said. "I'm really just trying to see the ball and just hit it wherever it's pitched. I'm really trying to put the ball in play."

Salisbury is riding a six-game win streak, outscoring its opponents 41-18. Allen's offense contributed to Salisbury's scoring throughout this win streak, recording 10 hits, seven RBIs, two home runs and six runs scored.

The No. 17 Sea Gulls look poised to challenge last year's CAC runners-up Christopher Newport University Captains for the CAC crown once again this season. Salisbury will also look to advance to the NCAA Tournament again and make a run in the postseason.

Allen believes that the highly competitive and supportive atmosphere makes this Salisbury team special and poised for a run in the CAC playoffs and beyond.

"I think that we all are just really pushing each other. We all really want everybody [on this team] to succeed," Allen said. "There's a lot of like, not competition, but everyone is pushing each other when there's multiple people at a position and everyone wants everyone [else] to do better. We have pretty high standards at practice that we want everybody to meet. We all just really push each other to do the best that we can." ●



# SU Indoor Track and Field dominate the postseason, winning titles and breaking records

CHASE GORSKI  
/ Editor-in-Chief

**INDOOR T&F** – The winter season proved to be filled with success for Salisbury University's men and women indoor track teams raking in postseason honors, championships and a handful of records along the way.

It all started at the Capital Athletic Conference Championships in mid-February with both the men and women competing for CAC glory. Up and down the roster top-five finishes would come to help the Sea Gulls move up the leaderboard within the two days of competition.

The tone was set for the women with junior Kyleigh Dumas' win on pole vault while also breaking a four year CAC meet record from 2015 after her jump of 11-4 1/2.

Other victories followed in running events with senior sprinters Glory Ebinama and Jamie Farley leading the way. Ebinama won the 60-meter dash finishing in under eight seconds with fellow senior Ashley Luton coming in at sixth for the Gulls.

Depth proved to be the name of the game for the Sea Gulls as it was the secondary finishes that propelled the team forwards with multiple runners earning points in each race they ran.

The 200 and 400-meter dash were the two events that saw many SU sprinters earning quality finishes behind Farley who came away with first place in both events. Farley led the Sea Gulls in points earned at CACs with 22.5, which also came in at second overall in the entire meet. Ebinama was second for the Gulls in points earned adding 16 to her total.

Ebinama was able to come away with third in the 200 behind Farley while freshman Ti'Aria Hariston and sophomore Caitlyn Rishell were able to grab fifth and sixth places, respectfully.

After a trip to NCAAAs last season in the 400 for Farley, she made sure that she left everything out on the track for her final indoor season in the maroon and gold.

"Jamie's just been a tremendous athlete since her freshman year, and every year's been just a little bit better and a little bit better," head coach Jim Jones said. "We always could rely on her at a big meet under some pressure to rise up...she's just been very consistent and very dependable."

The 400 was where things really went in the Sea Gulls favor behind Farley, a race that Jones felt she really led the charge with her teammates following in place.

SU claimed third through sixth as well as the overall first place victory. While

the top finish awarded SU with 10 overall points, the surrounding cast between three and six brought back 18 points for the maroon and gold.

It was solid finishes all throughout the two days of action that pushed the Sea Gulls ahead in what was a close championship meet with reigning CAC-Champion and host Christopher Newport.

Second and third place victories in the 800-meter by freshmen Alyssa McCloskey and Juliana Ancalmo were two more finishes that helped to push the Gulls to victory as they dethroned CNU with 154 total points to claim the CAC title for the first time since 2012. The win was also just the second time under Jones that the women had won the CAC Indoor Track and Field title.

"To sum it up, our women really had a perfect meet...overall our women performed at the highest level that we could've," Jones said.

Jones recalled last season's outdoor championship that was hosted by Salisbury, and the two-point loss to CNU that stuck in the minds of his athletes.

Given the ability to go on the road and try and do the same thing to the Captains, Jones' squad did not disappoint in their quest for revenge.

"I think that stuck with this group that was a little motivating factor," Jones said. "They've worked really hard since October as a team to achieve this."

The men's side played out with a little bit of controversy along with anticipation for the maroon and gold before all was said and done.

An incredibly competitive championship meet saw multiple Sea Gulls earn double-digit points throughout strong performances in many events. SU only saw two first place victories including senior Conner Masteran's first-place finish in the 3,000-meter run.

"Masteran went in as a favorite, and he just dominated...we call him the silent assassin because if he's near you within the last 200 meters he's gonna catch you," Jones said.

Despite only two event victories, the Gulls saw seven different athletes earn double-digit points at the end of their two days at CNU.

Top finishes were scattered all throughout as senior Jack McCloskey and junior Jeffrey McInnis secured second and fourth in the 60-meter dash to get things going.

McCloskey would then move forward with fellow senior Alex Hardman and junior Michael Van Gieson to take third, fifth and sixth places in the 200-meters earning 13 points in the event alone for their team.



SU Men's and Women's Indoor Track and Field teams after sweeping the ECAC Championships (above), Kyleigh Dumas competes in her pole vaulting event (below). / SU Athletics images

Van Gieson and Hardman kept things going with second and fourth place finishes in the 200 as well, respectively. Two upper-classmen that brought home a lot of points for SU continued to roll through events ahead of a relay together which eventually would be the second Sea Gull victory of the competition.

Jones saw that this was a team led by seniors that paved the way both on and off the track in their work ethic and heart. It was performances that showed athletes digging down deep to help the team that proved to be the breaking point for the Sea Gulls.

"We have a group of seniors that are very determined and willing to put forth the effort and pay the price in practice and during the meets to go above and beyond what maybe sometimes they're capable of doing," Jones said. "We had a lot of performances that I didn't expect that were just a total surprise."

Those standout performances highlight how Jones felt about both of his teams; they peaked at the right time.

SU also saw a second place finish from McInnis and a sixth place finish from junior Chris Leby in the triple jump and in a CAC Championship that would prove to be as close as possible, every single finish for Salisbury was crucial.

The controversy came in the 400-meter relay, while the Sea Gulls had secured first and done all they could have to try and come away with a team victory, the focus was on Christopher Newport.

During the race a Captain's runner made contact with a runner from Frostburg State, impeding his ability to run which is marked as a violation in the rule book but was not immediately called. With CNU's finish they would have claimed first place of SU by five points.

Initially the referee had ruled there was no infraction, but the head coach for FSU challenged that ruling with the Game's Committee consisting of coaches, officials and CAC administrators that were present.

The referee who made the initial call had informed Jones that the committee upheld the ruling and the Sea Gulls went home thinking they fell just short of first on the men's side.

It was not until later that Jones found out the committee had actually ruled against the initial call and disqualified CNU from the relay, preventing them from receiving any points from the race and giving the Sea Gulls the CAC title by just one point.

For the first time since 2012 and only the second time in program history, the maroon and gold captured the CAC Indoor title for both the men and women, while Coach Jones was named CAC Coach of the Year for the women's season.

"The men really surprised me, we had a couple things that could've gone better... but overall I think we exceeded [expectations]," Jones said.

With spirits high the team went into the Eastern College Athletic Conference Indoor Championships looking to keep their success rolling at a meet where most teams are not sure who will show up.

Facing a field including Penn State Harrisburg, Marywood College, Rutgers-Newark and others, both the men and women swept ECACs as well winning handedly on both side by more than 70 points.

"That was a fun meet...and boy did it work out pretty well for us it was a dominant performance for both [teams]," Jones said. "That was kind of the icing on the cake for us to experience that on a historic track."

The victories gave the men their trophy moment at the end of the day while continuing a historic run for the program that was not quite finished.

The team success split to individual briefly as Dumas' pole vault finish at ECACs qualified her for a trip to the NCAA Indoor Championships while also breaking the school record with a height of 12-2 1/2.

Dumas set out the season with high goals and her trip to Boston checked every box from the season as she eyed a top-eight finish for All-American status.

One of the athletes who had to go the extra mile in training due to a lack of indoor track and field facilities at SU, Jones recalls the multiple weekly trips taken to UMES to practice in their facility for the season.

The final mark would not come for Dumas as she finished 16th overall with her second-highest height unable to beat her record from ECACs. Though that mark now sits in SU records and in the mind of Dumas as she looks to the future.

"It honestly was a great experience," Dumas said. "This was my goal at the beginning of the season, so being able to just attend such a big meet was awesome."

With nothing but praise for Dumas, Jones is eager to see what she will be able to accomplish not just in the upcoming outdoor season, but in her next years as a Sea Gull seeing her potential grow this season.

After all was said and done, the indoor track and field program swept both CACs and ECACs, sent a pole vaulter to NCAAAs, crowned a conference coach of the year and had 16 different athletes named to the All-CAC teams.

"It's an affirmation of the hard work that we put in...we don't have an indoor facility so sometimes we've got to be out in the cold and the rain and even the snow, but it does pay off," Jones said.

Though the hard work paid off indoors, it does not stop now as the outdoor season is already upon us and Coach Jones eager with high expectations moving forward. ●

